

EDMONTON

metro®

NEWS  
WORTH  
SHARING.



**budget  
printing**  
www.bprint.com



**SPRING BREAK  
10% OFF YOUR ORDER**

No cash value, Max discount \$100  
Expires April 30, 2014

15616 - 116 Ave, Edmonton • 780.451.4546 • www.bprint.com

## NO ONE IS ANONYMOUS ... ANYMORE

PRIVACY IS IN SHORT SUPPLY THESE DAYS. IN DAY 1 OF OUR 3-PART SERIES, METRO TALKS TO HACKERS WHO WANT TO HELP YOU KEEP WHAT'S LEFT OF YOURS **PAGES 10-11**



## Direct transit frustrations to Twitter

City claims they've got their ear to the web **PAGE 3**

Showhomes at  
82 St and 180 Ave  
LiveAtVita.com



VITA  
CRYSTALLINA  
NERA



**SHOWHOMES  
NOW OPEN**



## OILERS SWIM WITH SHARKS

Oilers defenceman Jeff Petry checks San Jose Sharks right winger Mike Brown into the boards during the first period of their game on Tuesday in San Jose. Go to metronews.ca for the final score and more.

TONY AVELAR/THE ASSOCIATED PRESS

# School days to be longer and fewer next year

**November break.**  
Parents question new  
five-day weekend



LEAH  
GERMAIN  
leah.germain@metronews.ca

City parents are divided over a new Edmonton public school pilot project that cuts back instructional days and adds an extended long weekend in November to next year's school calendar.

Following consultation with the Alberta Teachers' Association, Edmonton Public School Board (EPSB) trustees approved the new calendar for the next two school years at a recent board meeting.

The project cuts instructional days in 2014-15 to 185, down from 188, and gives students

and teachers a five-day weekend starting Nov. 7.

With three children at Escuela Mill Creek, Shelley Bishop said an extended weekend in early winter isn't the optimal time for a break from classes.

"I think, as a whole, parents would rather see that a little later (in the year)," Bishop said. "Children will be off for two weeks for Christmas and New Year's."

EPSB spokesperson Ayesha Moughel said the extended long weekend is not being considered a fall break.

"The discussions stemmed around making sure teachers had two extra (professional development) days and one extra day in lieu," she said.

Julie Epp, a member of the parent council at Florence Hallock School, said some parents love the idea of an extended break, while others see

### Counting the minutes

Next year, there will be an additional five minutes added to each instructional day, and the following year will see three more minutes stacked on.

it as a potential childcare problem.

"The parents in our community are keen to have the extra long weekends and to have those extra days with their kids spread out," Epp said. "I could see more challenges for parents who have both parents out of the home working."

While next year's calendar includes extra days off in November, the 2015-16 school year will have two days in lieu attached to the May long weekend later in the year.

FOOT PAIN?  
*the* foot INSTITUTE  
WWW.FOOTINSTITUTE.COM

- An Association of Doctors  
Specializing in the  
Medical & Surgical  
Treatment of the  
Foot and Ankle
- Over 25 clinics Province wide

- EDMONTON . . . . . Main Clinic 2308 96 St.
- NORTH SIDE . . . . . #2074, 9499-137 Ave.
- WEST OLIVER . . . . . 10538-124 Street
- SHERWOOD PARK . . . . . #217, 80 Chippewa Road
- ST. ALBERT . . . . . #203, 200 Boudreau Road

Call 780-444-FOOT (3668)  
TO BOOK AN APPOINTMENT NEAR YOU



# THROWBACK PRICING<sup>®</sup>

PAYMENTS LIKE THEY WERE 15 YEARS AGO



Rondo EX Luxury shown<sup>△</sup>

 **\$750**  
TRADE-IN BONUS\*\*  
ON SELECT CUVs

THE ALL-NEW 2014  
**RONDO**

Canada's Urban Utility Vehicle

hwy / city 100km<sup>△</sup>  
6.2L/9.4L

**NEW!** LOWER CASH  
PURCHASE PRICE

**\$18,582<sup>∞</sup>**

6-SPEED  
MANUAL

Offer includes delivery, destination, fees and **\$5,000 IN CASH SAVINGS**. Offer based on 2014 Rondo LX MT (RN551E) with a purchase price of **\$23,582**.

STANDARD  
FEATURES



HEATED FRONT  
SEATS



SATELLITE RADIO



STEERING WHEEL  
AUDIO CONTROLS



6 STANDARD  
AIRBAGS



BLUETOOTH<sup>®</sup>  
CONNECTIVITY

AVAILABLE  
FEATURES



VENTILATED FRONT SEATS



HEATED STEERING WHEEL



7-PASSENGER SEATING



NAVIGATION SYSTEM



PANORAMIC SUNROOF

**OFFER ENDS APRIL 30<sup>TH</sup>**



**WE'VE GOT  
YOU COVERED**  
\*5-year/100,000 km  
worry-free  
comprehensive  
warranty.

Proud Partner of  
**madd**<sup>+</sup>  
Saving Lives, Supporting Victims



The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified customers who take delivery by April 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, other fees and certain levies (including tire levies) and \$100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and variable dealer administration fees (up to \$699). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. \*\*Offer available on the retail purchase/lease of any 2014 Rondo model from participating retailers between April 1-30, 2014, upon proof of current ownership/lease of a competitive cross-over vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford and Chrysler vehicles. Some conditions apply, ask your retailer or go to [kia.ca](http://kia.ca) for complete details. \*Cash purchase price for the new 2014 Rondo LX MT (RN551E) is \$18,582 and includes a cash savings of \$5,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. \*\*Model shown Manufacturer Suggested Retail Price for 2014 Rondo EX Luxury (RN756E) is \$32,195. \*Highway/city fuel consumption is based on the 2014 Rondo 2.0L GDI 4-cyl (N/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. \*The Bluetooth<sup>®</sup> wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.



Premier's residence

## Wildrose calls for criminal investigation

The Wildrose is calling for a police investigation over plans for a premier's residence in the new federal building.

The plans, ultimately scrapped, would have put two bedrooms, a kitchen and other living quarters in the project.

Wildrose Finance Critic Rob Anderson said given the project appears to have been directed by the premier's staff, it circumvented the normal process.

"There are legislated government approval processes that govern how changes to spending decisions are made," Anderson said. "Those laws do not appear to have been followed." **METRO**

Three-day festival

## Lineup for Interstellar Rodeo

Corb Lund and the Hurtin' Albertans will headline the Interstellar Rodeo festival this summer, as announced Tuesday.

Local band Jeff Stuart and the Hearts will also be playing the third year of the three-day festival, which starts July 25. Last year's festival took over Hawrelak Park Amphitheatre and attracted thousands, despite several bouts of rain.

Special collaborations are also scheduled for the festival, including Gord Downie, the Sadies, and the Conquering Sun, to name a few. Weekend passes go on sale Monday and can be purchased online at Blackbyrd Myozik and Permanent Records. **METRO**



Social media complaints and requests have been on the rise with Edmonton Transit, with city officials trying to respond as quickly as possible. STEPHANIE DUBOIS/METRO

# City transit tackling social media inquiries

## Tweet a reply. Edmontonians looking for quick answers



STEPHANIE DUBOIS  
stephanie.dubois@metronews.ca

To Edmonton transit riders who've aired their beefs on social media: The city is listening.

With Twitter and Facebook making it easier to quickly send a tweet or Facebook post to the city, Edmonton officials say social media has been a quick way for people to post their bones of contention and

receive a reply.

"Sometimes the answer takes some time to find. People's expectations are an instant reply and we work in a bureaucracy so sometimes it's not an instant reply," said Patricia Dickson, spokesperson with Edmonton Transit.

People took to Twitter wondering where their bus was after a recent fire at a Callingswood condo complex affected the transit system, said Dickson, who then turned to transit colleagues to find the appropriate alternate routes so she could then post on Facebook.

For Edmontonian Chris Buyze, an inquiry and sugges-

### Complaints

With over 60,500 followers on Twitter and over 14,500 followers on Facebook, city officials say they try to respond to all requests as quickly as they can.

- When people lodge a complaint on social media, city officials say they may ask individuals to fill out a special form which can provide more details.

tion about the Metro LRT line delay resulted in a quick reply

from the city, something he has noticed is becoming more frequent.

"I only half-expected a response.... I have noticed Don (Iveson) and city account have become a lot better over the last six months," he said.

It's a case-to-case basis, said city officials, who try to respond to all the inquiries they receive through the city's main social media accounts as quickly as possible by direct messaging individuals to get more information but also passing along the information to appropriate departments, according to Cheryl Oxford, manager of media relations.

1 NEWS

# Debankify and have a little extra, extra.

Save up to \$200 yearly with a no fee bank account.

President's Choice FINANCIAL

That's just good banking.

Savings comparison based on the fees for limited and unlimited transaction account packages and one order of cheques as offered by the major Canadian banks as of January 1, 2014.  
©Loblaws Inc. Used under licence. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

## Red Bull event. Crashed Ice coming to downtown Edmonton in 2015

The city and province are spending \$800,000 to bring the Red Bull Crashed Ice event to Edmonton in 2015.

Edmonton Coun. Amarjeet Sohi and Tourism Minister Richard Starke provided more details for the March 2015 event, which Metro first reported Tuesday.

Sohi said it's a great investment for the city.

"It's going to be a very valuable investment of our money into attracting an international event," he said.

The city will contribute \$400,000 to the event, with the province committing \$300,000, Travel Alberta contributing another \$100,000 and local hotels chipping in \$200,000.

Starke said with the number of people who will attend, the spinoff economic benefits make the investment well worth it.

"The estimate of numbers is



Edmonton city Coun. Amarjeet Sohi and Alberta Tourism Minister Richard Starke RYAN TUMILTY/METRO

somewhere in excess of 60,000 with an economic impact of \$6 or \$8 million," he said.

The track for the event hasn't been finalized, but the start line should be around the Shaw Conference Centre, with a route that will take participants down into the river valley.

The event features four skaters racing down a slalom style course that is about 600 metres long. RYAN TUMILTY/METRO

## Test. Alta. students adept at solving computer-based problems, data finds

Alberta students ranked among the best in the world on the computer-based problem-solving portion of a highly regarded test conducted in 2012, according to new data released Tuesday.

The Programme for International Student Assessment was conducted in 2012 and featured 2,900 Alberta students.

Their grades in the computer portion of the test tied for the best in Canada and were fourth-highest among 53 jurisdictions participating around

the world.

"Alberta students continue to benefit from our focus on helping them make sense of complex information (to) solve real-life problems," said Education Minister Jeff Johnson.

"Through Inspiring Education and curriculum redesign, we'll continue building on this strong performance by providing students with even more opportunities to apply knowledge and understand how different subject areas relate to each other."

METRO



Lon Wenger, artist of Minus Industries, has been working on recycled photo frames displaying cardboard stencils, which will be installed at Lucid Lifestyles. COURTESY LON WENGER

# Recycled art on display in Old Strathcona

**New idea.** Artists have been re-purposing items for project



STEPHANIE DUBOIS  
stephanie.dubois@metronews.ca

What's old will become new again in Old Strathcona business windows starting April 18 as artists put their projects on display for a new art project.

After moving to the city last fall, Kelly Atkinson began shaping her idea for Green Window City while volunteering her time at the waste management facility and also enjoying Edmonton's art scene.

Pairing up with local artists, Atkinson has helped spark the project that features recycled art in 13 Old Strathcona businesses.

"There's been an amazing amount of interest across the city," said Atkinson.

The project was awarded

\$1,000 from Awesome Edmonton Foundation on Friday, with the dollars to be used to pay artists and for some marketing.

The artists, many of which have been visiting eco-centres for items to use in their displays, have been working for weeks on their designs, which will be displayed for 10 days until April 27 and will be anchored around Earth Day.

Artist Alison Service will feature a display of a flock of refurbished birds to be dis-

played at Etzio Women's on Whyte.

Calls out to the community also helped the artists get their supplies for the window display that has been in the works since January. Once finished, organizers say the effect will be something like a "pop-up gallery walk atmosphere," according to the Green Window City proposal.

Although nothing is concrete at the moment, Atkinson wants to expand to shops in other parts of the city.

## Edmonton WOMAN'S SHOW

[www.EdmontonShows.com](http://www.EdmontonShows.com)

### CHEESE SEMINARS

Sponsored by the Dairy Farmers of Canada

### UPCYCLING COMPETITIONS

Sponsored by Value Village

### CHARITY OF CHOICE

Support to Lurana Shelter Society

\*Promotions subject to change without notice.

April 5 & 6

SAT: 9am - 5pm SUN: 11am - 5pm

Edmonton EXPO Centre (HALL B)

For more info call: 780-490-0215

just wanna have fun

A LAVISH WEEKEND of LIVING, LAUGHING & LEARNING



Cory & Jody Mitic from the Amazing Race Canada



\$12 General Admission • \$10 Students/Seniors • Buy your tickets online at [www.womanshow.com/tickets](http://www.womanshow.com/tickets)





# DEALER INVOICE PRICING

# + 0%<sup>†</sup> FINANCING

## YOU PAY WHAT THE DEALER PAYS\*

\*On select models. \*Dealer is reimbursed for holdback included in invoice price.



GLS model shown\*  
Selling Price: \$19,140

2014  
**ACCENT 4-DOOR L**

DEALER INVOICE  
PRICE: **\$14,220<sup>‡</sup>**

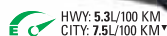
OR

OWN IT FOR  
**\$69**  
BI-WEEKLY  
PAYMENT

WITH  
**0%<sup>†</sup>**  
FINANCING FOR  
96 MONTHS

AND  
**\$0**  
DOWN

ACCENT L 4-DOOR MANUAL. DEALER INVOICE PRICE INCLUDES \$779  
IN PRICE ADJUSTMENTS<sup>§</sup>, DELIVERY AND DESTINATION.



HWY: 5.3L/100 KM  
CITY: 7.5L/100 KM\*



Limited model shown\*  
Selling Price: \$23,754

2014  
**ELANTRA L**

DEALER INVOICE  
PRICE: **\$16,352<sup>‡</sup>**

OR

OWN IT FOR  
**\$79**  
BI-WEEKLY  
PAYMENT

WITH  
**0%<sup>†</sup>**  
FINANCING FOR  
96 MONTHS

AND  
**\$0**  
DOWN

ELANTRA L MANUAL. DEALER INVOICE PRICE INCLUDES \$1,197 IN PRICE  
ADJUSTMENTS<sup>§</sup>, DELIVERY AND DESTINATION.



HWY: 5.3L/100 KM  
CITY: 7.6L/100 KM\*



Limited model shown\*  
Selling Price: \$38,225

2014  
**SANTA FE SPORT**

DEALER INVOICE  
PRICE: **\$27,053<sup>‡</sup>**

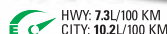
OR

OWN IT FOR  
**\$135**  
BI-WEEKLY  
PAYMENT

WITH  
**0.9%<sup>†</sup>**  
FINANCING FOR  
96 MONTHS

AND  
**\$0**  
DOWN

SANTA FE SPORT 2.4L FWD. DEALER INVOICE PRICE INCLUDES \$1,306  
IN PRICE ADJUSTMENTS<sup>§</sup>, DELIVERY AND DESTINATION.



HWY: 7.3L/100 KM  
CITY: 10.2L/100 KM\*



GLS model shown\*  
Selling Price: \$27,000

2014  
**TUCSON GL**

DEALER INVOICE  
PRICE: **\$22,797<sup>‡</sup>**

OR

OWN IT FOR  
**\$118**  
BI-WEEKLY  
PAYMENT

WITH  
**1.9%<sup>†</sup>**  
FINANCING FOR  
96 MONTHS

AND  
**\$0**  
DOWN

TUCSON 2.0 GL FWD MANUAL. DEALER INVOICE PRICE INCLUDES \$462  
IN PRICE ADJUSTMENTS<sup>§</sup>, DELIVERY AND DESTINATION.



HWY: 7.2L/100 KM  
CITY: 10.0L/100 KM\*

## YOU PAY THE INVOICE PRICE PLUS GET 0%<sup>†</sup> FINANCING FOR 96 MONTHS

**5 YEAR  
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty<sup>††</sup>  
5-year/100,000 km Powertrain Warranty  
5-year/100,000 km Emission Warranty



**HYUNDAI** | NEW THINKING.  
NEW POSSIBILITIES.<sup>™</sup>  
HyundaiCanada.com

<sup>††</sup>The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. <sup>†</sup>Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Accent 4-Door L Manual/Elantra L 6-Speed Manual/Santa Fe Sport 2.4L FWD/Tucson 2.0 GL FWD Manual with an annual finance rate of 0%/0.9%/1.9% for 96 months. Bi-weekly payments are \$69/\$79/\$135/\$118. \$0 down payment required. Cost of Borrowing is \$0. Finance offer includes Delivery and Destination of \$1,550/\$1,550/\$1,760/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. <sup>‡</sup>Dealer Invoice Price of 2014 Accent 4-Door L Manual/Elantra L 6-Speed Manual/Santa Fe Sport 2.4L FWD/Tucson 2.0 GL FWD Manual are \$14,220/\$16,352/\$27,053/\$22,797. Prices include price adjustments of \$779/\$1,197/\$1,306/\$462 and includes Delivery and Destination of \$1,550/\$1,550/\$1,760/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback fee for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. <sup>§</sup>Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$779/\$1,197/\$1,306/\$462 available on in stock 2014 Accent 4 Door L 6-Speed Manual/Elantra L 6-Speed Manual/Santa Fe 2.4L FWD Auto/Tucson 2.0 GL FWD Manual on cash purchases. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. <sup>♦</sup>Price of models shown (with Price Adjustments): 2014 Accent 4 Door GLS/Elantra Limited/Santa Fe 2.0T Limited AWD/Tucson 2.4 GLS FWD are \$19,140/\$23,754/\$38,225/\$27,000. Prices include Price Adjustments of \$1,109/\$1,445/\$2,434/\$1,659. Delivery and Destination charges of \$1,550/\$1,550/\$1,760/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. <sup>▼</sup>Fuel consumption for new 2014 Accent 4-Door L (HWY 5.3L/100KM; CITY 7.5L/100KM); 2014 Elantra L Manual (HWY 5.3L/100KM; CITY 7.6L/100KM); 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; CITY 10.2L/100KM); 2014 Tucson 2.0 GL FWD Manual (HWY 7.2L/100KM; CITY 10.0L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. <sup>†††</sup>Offers available for a limited time, and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit [www.hyundaicanada.com](http://www.hyundaicanada.com) or see dealer for complete details. <sup>†††</sup>Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Dealers are licensed under the Fair Trading Act.



ALBERTA MOTOR VEHICLE  
INDUSTRY COUNCIL

# Community leagues dealing with consultation problems

## Differing opinions.

Leagues find views sometimes differ from residents



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Edmonton's community leagues are finding themselves more and more on the opposite sides of some of the residents they represent.

The Oliver Community League came out in support of a 29-storey tower that city council approved last month and the McCauley Community League board was recently swept out in an election over some of its more controversial positions.

Jarrett Campbell, president of the Oliver Community League, said they know they don't represent everyone in their community.

"There are 18,500 people in Oliver and there is a board of 15 people, so the math just doesn't work," he said.

## Who will speak for the people?

**"If you take a look at how the city consults with the residents about development, they do a very poor job and so there is a vacuum there."**

Jarrett Campbell, Oliver Community League president



This historic house in Oliver will be saved, but the property around it will soon host a 29-storey tower that the community league supported, but many in the community opposed. RYAN TUMILTY/METRO

Campbell said the challenge is that people are starting to look to community leagues to address issues be-

cause they don't feel like the city is listening.

Allan Bolstad, executive director of the Edmonton Federation of Community Leagues, said it is a common problem leagues are facing across the city.

"We are taking a hard look at how they deal with issues and how we can help them," he said.

Bolstad said with major in-

vestment coming to Edmonton and the city embarking on major projects like the LRT, these issues are only going to continue to crop up.

"This reflects a city that is undergoing significant change," he said.

Mayor Don Iveson said he sees the challenge and believes council understands community leagues don't speak for anyone other than

their members.

"The city has run into trouble when we expect the community league to speak on behalf of the community. That's actually trying to subcontract out our work as representatives."

Iveson said the city has to do better.

"It's all our jobs to come back and think about what's best for the city."

## Mental health

### Albertans support screening during pregnancy

New research from the University of Alberta reveals 63 per cent of Albertans are in favour of mental-health screening during pregnancy.

The random poll taken of 1,200 Albertans also found that 72.7 per cent of people supported post-partum screening.

According to the study's lead researcher, existing research shows almost one-quarter of women experience mental-health problems during and after pregnancy. **METRO**

## Fuel tank

### City working to clean up leak

A leaky underground storage tank has led to a big cleanup bill for the city.

The city has closed bids for an in-situ remediation of the former parks maintenance site at 99 Street and 75 Avenue, which will aim to clean the remains from an underground fuel tank leak.

Don McClymont, an environmental hydro-geologist with the city, said the cleanup could be anywhere between \$500,000 and \$1 million. "It is hard to say until you get into it, how much it is going to cost," he said.

He said the city stopped using the site in 1994.

RYAN TUMILTY/METRO

## 3 Weeks To Change Your Life

A Biblically-Based Life-Changing Health & Lifestyle Seminar

**Rich Howard**  
Biblical Health Theorist

- 1. Get Moving!**  
Registration is very limited for this unique seminar. Spaces are limited.
- 2. Be Committed!**  
Joining in this seminar is a commitment to your health and well-being.
- 3. Be Open!**  
Be open to the possibility of a life-changing experience.
- 4. Transform!**  
Transform your life and health.

Discover the True Power of Healing for Your Life - Physically, Mentally, and Spiritually!

**You'll Enjoy Topics Like These:**

- "Lessons from the Life of a Runner"**  
What can you learn for your life from a runner? This is a question that has been asked for centuries. What the Bible teaches about and transformation has a lot to do with this simple tool - don't miss this presentation!
- "The Reality of a Choice"**  
The choices we make have great impact on our life and destiny - shouldn't we take time to understand them? Come listen as a very complex issue becomes a little more simple.
- "The 7 Dynamics of Physical Life"**  
Most people know little about how their bodies really work or healthy! These seminars will explore dynamics that will revolutionize your understanding of health and wellness and chronic disease!

**April 5-26, 2014**

WestWestern Cedar Park Inn Ballroom  
5115 Gateway Boulevard  
Edmonton, AB T6H 2H4

7:00 pm - 8:30 pm - Sun, Mon, Wed, Fri, Sat

# McConachie

Buying a home in McConachie let's you have it all, a brand new house, a northeast community with established amenities and a quick connection to everything you need.

## 15 SHOWHOMES

VISIT TODAY

[WWW.MCCONACHIE.CA](http://WWW.MCCONACHIE.CA)

**Walton**  
APPRECIATE THE LAND





The province will spend \$31 million in 2014 to protect communities like Slave Lake, hit by massive wildfires in 2011, from future wildfire disasters.

THE CANADIAN PRESS FILE

# \$31M pledged for wildfire prevention

**Funding.** Province plans to head off future disasters

Alberta plans to spend \$31 million this year to prevent the types of wildfires that ravaged much of the town of Slave Lake in May 2011.

The government says there will be cash to improve emergency response planning, hire more firefighters and for public education.

The money is on top of funding announced last year that is going to 19 communities to develop FireSmart plans that include clearing trees and brush from around populated areas.

"Learning from disasters is important and the knowledge we gained from the Slave Lake wildfire is being put into practice," Environment Minister Robin Campbell said Tuesday.

The cost of the Slave Lake fires — including damage, firefighting and recovery programs — has been estimated at around \$1 billion. The flames forced

## Risk factors

The risk of wildfires across Canada is on the rise due to factors that include global warming, aging infrastructure, older equipment and retirements in the forest service, McGillivray said. As well, more people are living in forested areas.

thousands of people from their homes.

The town did not have a detailed FireSmart plan at the time.

Glenn McGillivray, managing director of the Institute for Catastrophic Loss Reduction, said FireSmart is a strong prevention program.

He suggested Alberta is on the right track.

McGillivray said disasters such as the 2003 firestorms in Kelowna, B.C., and the Slave Lake fires could happen again in Canada.

"We are going to see more of these fires in the future, and bigger fires in the future, and we have to get ready for that," he said from Toronto.

THE CANADIAN PRESS

## Metcalf-Chenail

### Edmonton names new historian laureate

The city announced Tuesday that Danielle Metcalf-Chenail is Edmonton's new historian laureate.

Metcalf-Chenail will join poet laureate Mary Pinkoski in marking important civic occasions.

Metcalf-Chenail will

work closely with the Edmonton Historical Board and Edmonton Heritage Council, which administer the historian-laureate program.

In 2010, the City of Edmonton reinforced the importance of identifying and preserving its history by becoming Canada's first municipality to appoint a historian laureate.

The historian laureate is the city's official ambassador on historical matters

and promotes the history of the city and its citizens.

METRO

## Celebration

### April's all about that jazz

The Edmonton Jazz Festival Society is celebrating April as Jazz Appreciation Month with a series of events taking place all over the city.

A jazz brunch and music

at The Cellar Lounge are some of the highlights of events planned throughout the city.

April 30 marks International Jazz Day to recognize jazz's role in "promoting peace, dialogue among cultures, diversity, and respect for human rights and human dignity," according to jazzday.com.

For tickets to local events visit tixonthesquare.ca.

METRO

# CLARINS

## Time to choose your gift

April 2 to April 22, 2014. A total value of up to \$195.\* Exclusively ours.

**STEP 1**  
From April 2 to April 5, receive a bonus Hand and Nail Treatment Cream, 30 mL.

**STEP 2**  
Receive a five-piece customized skin care gift with the purchase of two CLARINS products, one of which is skin care.

**STEP UP**  
With the purchase of one additional skin care product, receive a full-size Eye Revive Beauty Flash, 20 mL.

**STEP 3**  
Book a complimentary 15-minute, personalized eye treatment and receive an Instant Eye Make-Up Remover, 30 mL!



MAY WE SUGGEST:  
Double Serum Complete Age Control Concentrate, 2 x 15 mL. \$85

## EXCLUSIVE HUDSON'S BAY CREDIT BONUS

From April 2 to April 6, receive a \$20 Savings Card with any CLARINS purchase of \$75 or more when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.\*\*



# HUDSON'S BAY

SHOP THEBAY.COM



\* One gift to a customer, while quantities last. Values are based on our per mL and/or g price for regular-sized products. Skin care products include all face, body, sun and Clarins men's products. † Ask your Beauty Advisor for details. \*\* Before taxes. While quantities last. Redeemable on your next purchase of \$100 or more before taxes when you use your Hudson's Bay MasterCard or Hudson's Bay Credit Card between April 2 to April 22, 2014. Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. Credit is extended by Capital One Bank (Canada Branch). Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.



## Pain or prison? Medical pot users say government is making them choose

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users

to continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value of cannabis products are speaking out against the regulations.

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with multiple sclerosis.

The number of people authorized to possess — and frequently grow — marijuana under the old federal program climbed to 37,000 this year from fewer than 100 in 2001. **THE CANADIAN PRESS**

## 'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS



### Chile

## Huge earthquake hits off coast

A powerful magnitude-8.2 earthquake struck off north-

ern Chile on Tuesday night, setting off a small tsunami that forced evacuations along the country's entire Pacific coast.

Officials reported two deaths, from apparent

heart attacks, and several serious injuries, but the area apparently escaped major damage as landslides blocked roads, power failed for thousands, an airport was damaged and several

businesses caught fire.

About 300 inmates escaped from a women's prison, and officials said Chile's military was sending special forces to guard against looting. **THE ASSOCIATED PRESS**

## 6 SHOWHOMES NOW OPEN!

# EDGE MONT

*Life On Your Terms*



### SPRING IS IN THE AIR.

This family friendly neighbourhood offers a great location with easy access to schools, shopping, services and recreation facilities. Plus, its natural beauty is the ideal backdrop for your new home and lifestyle.

**Your Life. Your Terms.  
Your Edgemont.**

**MyEdgemont.ca**

**LANED SHOWHOMES**  
Brookfield Residential

**FRONT GARAGE SHOWHOMES**  
Daytona Homes Master Builder  
Look Master Builder



**Brookfield Residential**

*The Best Places to Call Home*





Ukraine's Foreign Minister Andrii Deshchytzia, left, speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLEY/THE ASSOCIATED PRESS

## NATO to beef up eastern defences

**Foreign ministers meeting.** Unanimous deal to end civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Russia, though a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty

Organization, a keystone of U.S. and European security, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxton, a guided-missile destroyer, to the Black Sea.

THE ASSOCIATED PRESS

### Canadian reaction

## It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John

Baird.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's annexation of Crimea.

THE CANADIAN PRESS

## Obama boasts health-care law's 7M sign-ups

After facing a rocky start and chorus of naysayers who declared his health-care law a failure, U.S. President Barack Obama on Tuesday celebrated a better-than-expected 7.1 million sign-ups for health coverage that he said should end the debate over the law possibly being repealed.

"The Affordable Care Act is here to stay," Obama declared in a feisty Rose Garden speech the day after the deadline for Americans to enrol.

Obama announced the 7-million threshold that once was seen as unattainable, even as the number still could climb. People who started applying

but couldn't finish before the Monday midnight deadline can have extra time, as do people with special circumstances.

Administration officials said they were still compiling data that will be important in determining the ultimate success of the six-month enrolment period. THE ASSOCIATED PRESS



U.S. President Barack Obama  
CAROLYN KASTER/THE ASSOCIATED PRESS



## Timeless vehicles. Limited time offers.

Take advantage of 3 payments waived and 0.9% financing for 24 months on ALL 2010-2012 Certified Pre-Owned models at the Spring Event.

Become the new owner of a Mercedes-Benz Certified vehicle and enjoy:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

For a complete listing, visit davidmorrisfinecars.com

**0.9%\* 3 months\*\***  
for 24 months payments waived

Mercedes-Benz  
CERTIFIED

Certified. Affordable. Luxury.



Mercedes-Benz



**2013 GLK 250 BT DIESEL AWD, \$44,999 +GST**

Stock # shown P13-11136

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 Mercedes-Benz Canada Inc. \*0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2010-2012 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2010 model: \$25,000 at 0.9% per annum equals \$1051.46 per month for 24 months. Cost of borrowing is \$235.05 for a total obligation of \$25,235.05. Down payment may be required. \*\*For the provinces of British Columbia, Alberta, Saskatchewan and Manitoba only, first, second and third months payments are waived for finance programs on model year 2010-2012 Certified Pre-Owned Mercedes-Benz models. The payment waivers are capped up to a total of \$500/month including tax for a Mercedes-Benz model. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end April 30th, 2014.



# Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY  
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.


You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in



**Hacking your world: Day 1 of 3**

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: When the government spies on you

your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."



## Stay safe out there

### Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

## Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

## Modern life's Catch-22

"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues



In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from *The Girl With The Dragon Tattoo*. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

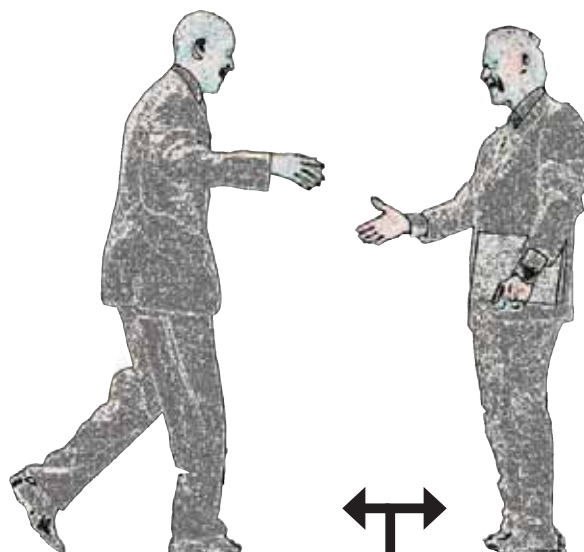


### Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of \$1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.

• Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



### Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.
- One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi



### Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.



### Social hacking

A hacker made off with \$100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they

should ask for ID, but they don't.

- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.



### Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

### Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.



PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

# On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says

curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing

ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and wait-

ing hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA



Ethical hacker Leigh Honeywell  
VINCE TALOTTA/TORSTAR NEWS SERVICE

# Cost to fix ignition just 57 cents: GM

**Penny wise, pound foolish?** It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though

it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

Since February, GM has recalled 2.6 million cars over the faulty switch, which has also been linked to 13 deaths and dozens of accidents.

A spokeswoman for GM Canada confirmed that one of the deaths associated with the faulty ignition switch was that of a Quebec motorist last June. **THE ASSOCIATED PRESS**



## Tapping tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks.

HOLLY RAMER/THE ASSOCIATED PRESS

### Call for boycott

## OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported California's former gay-marriage ban.

**THE ASSOCIATED PRESS**

### Market Minute

**DOLLAR**  
90.65¢ (+0.19¢)

**TSX**  
14,380.55 (+45.24)

**OIL**  
\$99.74 US (-\$1.84)

**GOLD**  
\$1,280 US (-\$3.80)

**Natural gas:** \$4.27 (-\$0.10)  
**Dow Jones:** 16,532.61 (+74.95)



## Fresh off the presses.

Enjoy a copy\* of Metro newspaper with your McDonald's® Premium Roast Brewed Coffee or McCafé® hot or cold beverage, including Real Fruit Smoothies.

Tap & Go    Pay how you want.

\*While supplies last.  
At participating McDonald's restaurants in Edmonton, excluding certain retail locations.  
©2013 McDonald's



# McConachie

Buying a home in McConachie let's you have it all, a brand new house, a northeast community with established amenities and a quick connection to everything you need.

## 15 SHOWHOMES

VISIT TODAY

[WWW.MCCONACHIE.CA](http://WWW.MCCONACHIE.CA)

**Walton**  
APPRECIATE THE LAND



# FOR LIFE'S AWKWARD MOMENTS

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of *The Awkward Human Survival Guide*.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz ... and "How to Tell Someone You Don't Like Them," an excerpt from *The Awkward Human Survival Guide*.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The



JUST SAYIN'

Paul Sullivan

metronews.ca

more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in *The Awkward Human Survival Guide* for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

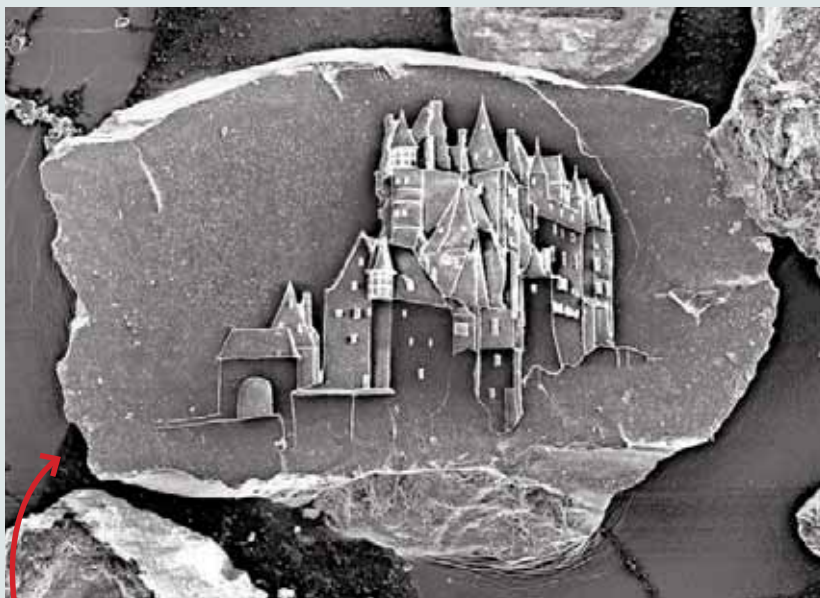
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

## ZOOM

### Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

#### Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. **METRO**

#### Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

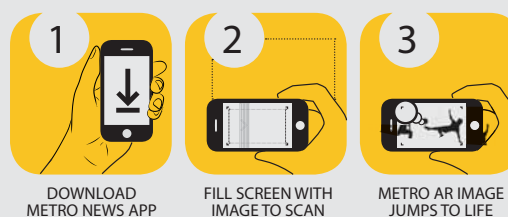
Vik Muniz

#### Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. **METRO**

## METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



This issue, you can find AR enhancements on pages 8 and 10 in *News*, page 14 in *Scene*, page 17 in *Life*, page 22 in *Sports* and page 24 in *Drive*.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

## MetroTube

### Cats react to cat videos by ... licking themselves



ANDREW FIFIELD  
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty Fine Brothers of Kids React To Viral Videos fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."



# SCENE 2

## Superhero by Cappy accident

### Character study.

Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film



#### IN FOCUS

Richard Crouse  
scene@metronews.ca

Captain America, played by Chris Evans in this weekend's superhero flick *Captain America: The Winter Soldier*, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Cap-



Chris Evans and Scarlett Johansson in *Captain America: The Winter Soldier*. CONTRIBUTED

tain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evil-doer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like *Blade of Wrath* and *Vault of Vengeance* — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain Amer-

ica was featured in another story shot for the big screen. In 1990's *Captain America*, Cappy is played by Matt Salinger, son of author J.D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because

of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In *Easy Rider*, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

# Debankify and entertain some friends tonight.

Earn PC® points you can use for free groceries.

President's Choice  
FINANCIAL

That's just good banking.

Some redemption restrictions; visit [pcpoints.ca](http://pcpoints.ca) for details. © Loblaw's Inc. Used under licence. The loyalty program is provided by President's Choice Services Inc.



# Whitford hopes A-listers don't ruin TV

## Trophy Wife star.

Actor praises the medium for its quality writing and the big breaks it offers

With A-listers like Matthew McConaughey, Julia Roberts and Halle Berry jumping to TV, actor Bradley Whitford marvels at how the show-biz stigma of the small screen is now a thing of the past.

Whitford is best known for his role as deputy chief of staff Josh Lyman on NBC's critically acclaimed series *The West Wing* (1999-2006).

"I remember thinking, 'Oh, thank God there's this snobbery about TV,'" the 54-year-old actor said in a recent interview. "I was getting better writing by an exponential amount than Meryl Streep when I was on *West Wing*. I was so grateful."

"Now unfortunately, all the movie stars, the big flossers, have realized that not only do you get great writing, (but) it's a really satisfy-



Bradley Whitford, right, in a recent episode of *Trophy Wife*. crv

ing way of storytelling ... It's not about blowing stuff out."

He hopes this trend won't mean qualified actors will be overlooked for someone

with a bigger name.

"If anybody had any idea that *Breaking Bad* was gonna be a tenth as successful as it was, (creator) Vince

(Gilligan) would not have been allowed to write it," Whitford said. "Bryan (Cranston) would not have been allowed to be in it. None of

## Quoted

"On *West Wing* I was one of the young guys and now (on *Trophy Wife*) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff!"

Bradley Whitford, actor

that beautiful cast would be in it. Same with *The Sopranos*. We never would've met James Gandolfini if anybody thought it was gonna be successful."

Whitford said that was true to a certain extent with *The West Wing*.

"Nobody thought it was gonna work. 'You can't have a fake president. It's about politics — that never works!'" he said. "People found it and it grew to be much bigger than we ever thought it would be."

Whitford stars on the comedy *Trophy Wife* (airing Tuesdays on CTV at 9:30 p.m. ET). He plays an older hus-

band with a younger wife (Malin Akerman). His character has two ex-wives (Marcia Gay Harden and Michaela Watkins).

Despite the show's title, Akerman's Kate isn't a stereotypical piece of arm candy for Whitford's Pete, any more than TBS's *Cougar Town* is about older women paired with younger men.

Ratings for *Trophy Wife* have been so-so, but Whitford is hoping for a second season. He said he was "looking to do something different, and comedy was definitely something I was looking for."

He also wanted to work with Harden. He has seen her Tony-winning performance in Broadway's *God of Carnage* four times. "It was bordering on stalking," he said.

"By the way," Whitford added, "on *West Wing*, I was one of the young guys and now (on *Trophy Wife*) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff! There was no segue way!"

THE ASSOCIATED PRESS

## Reznor has 'long ways to go'

Trent Reznor says he feels "a fresh new start" for Nine Inch Nails after the band's latest album and world tour.

Reznor released *Hesitation Marks* in September after his long, self-imposed hiatus. In the five years since the industrial rockers' last offering, he won an Academy Award for his soundtrack work on *The Social Network*, married musician Mariquene Maandig and became a father to two boys.

"In these few years, I kind of accidentally got into scoring films. I started a new

band: How to Destroy Angels. We put two records out. I tried writing a TV show for HBO, which failed. I started a family, and surprisingly, I found myself inspired by that," Reznor told *The Associated Press*.

And he felt like writing some Nine Inch Nails songs.

"I don't think I've written the best songs I can write. I don't think I know how to write songs very well yet. I'm not saying that to be humble, but I've got a long ways to go," Reznor said.

THE ASSOCIATED PRESS



Trent Reznor performs in Mexico City. REBECCA BLACKWELL/THE ASSOCIATED PRESS

# news at your fingertips



Download the Metro app today



Google Play is a trademark of Google Inc.

metro

NINA  
NAYEMA

DESIGNER SHOE SIZES 6-13  
FROM \$15.99

16621 83 Ave NW  
www.ninanayema.com  
587.524.5940

Enter to win "We design with you in mind contest"! When you Spend \$100 or more get a chance to win your very own custom designed pair of shoes named after you! Now Until April 30th Get extra 15% Off your final purchase when you shop online! Enter Coupon Code: ninanayema!







Chris Martin ALL PHOTOS GETTY IMAGES

## No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's \$10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four lay-

ers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. **METRO WORLD NEWS**

## The Rolling Stones back on the road following the death of Jagger's girlfriend

The Rolling Stones are resuming a world tour after postponing several dates in the wake of the death of L'Wren Scott, girlfriend of singer Mick Jagger. The band has announced new shows in Europe, starting May 26 in Oslo, Norway.

The band called off a tour of Australia and New Zealand after Scott was found dead on March 17. The New York City medical examiner's office ruled



L'Wren Scott

her death a suicide.

**THE ASSOCIATED PRESS**

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Men or women? Miranda doesn't Kerr

MELINDA TAUB  
Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, how-

ever — a nice strong chest to lie on."

So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.



Chris Evans

## Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he

said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." **METRO WORLD NEWS**

### Twitter



@tyrabanks

So U know when U have this ridiculously big purse & U stuff it with things U use only never...



@josswhedon

AAH! MEEEE!!!! Me and a lot of my friends on you!!!!  
-spider nightmare



@rosemcgowan

I will haunt your dreams

# Spring Demo Sales Event.

Save \$7,000.00 on select 2014 Demos  
B250, CLA250, C-Class, E-Class and GLK Models



Ask us about Prepaid Maintenance.  
Mercedes-Benz.ca/PPM



Mercedes-Benz



## The David Morris Difference:

Over 70 cars and SUV's on Sale to choose from...

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 B250/C350 4MATIC sedan shown above. Total price for above noted models \$26,611.00/\$30,011/\$36,661/\$54,911/\$39,611/\$56,011, includes freight/pdi, admin fee, security etch, AC recovery, tire levy and AMVIC fee also includes \$7,000.00 discount. Prices may vary depending on model and equipment levels. Some Demos have mileage which may vary. Insurance, licence and registration costs are extra. This offer cannot be combined with any other offers and is valid while supply lasts, based on a first come first serve basis. See a David Morris Fine Cars Ltd. sales consultant for details.



# Making the most out of a meandering Maui road trip

## Conquering the coast.

Verdant views and luxury eats are just a few of the things awaiting you on this epic adventure



**ANDREW JOHN VIRTUE DOBSON**  
dobbersonloves.com  
Follow @metrotoronto and @dobberson

Widely trumpeted as the world's most glamorous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

### Luxurious Wailea

Upscale Wailea offers golf courses, glamorous condominiums, haute couture shopping bonanzas and a string of five-star



Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO

hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

### Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheesemaking process, finishing with a sampling of the dairy's award-winning chevre-and-chocolate truffles. A stone's throw down the road, enjoy

cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'I Kula Lavender Farm which offers guests an opportunity to purchase a variety of sweet-smelling beauty products and epicurean treats. Be sure to soak in the sun on their café patio with a cup of lavender tea.

### Feast at Lele

In the heart of Lahaina, a few steps from the calm lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific. They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the food as its entertainment.



### Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

3  
T  
I  
E  
E

**ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.**

JOIN CLUB METRO TODAY! CLUBMETRO.COM



visit metronews.ca



**Nexus Holidays**

www.nexusholidays.ca  
vancouver@nexusholidays.com

**SPECIAL PROMOTION**  
**\$1,699**

All Inclusive

Limited Time Offer

**CHINA DELIGHTS**  
10 Days/ 8 Nights

• Beijing • Shanghai • Suzhou • Wuxi • Hangzhou  
• Forbidden City • Great Wall • Classical Garden • West Lake • the Bund and More

**Departure Dates:**

**May 10 and May 24**

Package Price includes Int'l airfare from Calgary via Vancouver & China domestic airfare, Taxes, pre-paid Gratuities, 2 Free Optional program, Deluxe 5 star hotels; 20 meals, Guided sightseeing tours, All entrance fees, Professional English-speaking tour guide.

**For More Information**  
**1-877-585-5088**

or contact our partner at **Friendly Asia Travel**

Diane/Phil @ 780-448-9977 Address: #8, 10502 107 Ave, Edmonton





## Bucket List



## The Galapagos Islands

Vision Travel has announced a cruise of the Galapagos Islands this coming November, escorted by Canadian artist and environmentalist Robert Bateman. Home to many unique species of birds and animals, these islands off the coast of Ecuador have been the focus of Bateman's work for decades. This exclusive trip aboard the 295-foot National Geographic Endeavour, operated by Lindblad Expeditions, is only open to 96 guests. The itinerary includes snorkeling with penguins and sea lions, kayaking, walking with wildlife unperturbed by your presence and nightly lectures from Bateman and a team of wildlife specialists. Prices start at \$6,500. Visit [vision2000travel.com](http://vision2000travel.com). **DOUG WALLACE/METRO**

## Get thee to the Continent in 2014.

Here are a few things to check out on the other side of the pond



**ON THE MOVE**  
Loren Christie  
[life@metronews.ca](mailto:life@metronews.ca)

Europe will be showcasing a variety of cultural and historical events in 2014.

### Capitals of Culture

Umeå, Sweden and Riga, Latvia have been named the 2014 European Capitals of Culture. With that designation comes a year of art exhibits, musical events and cultural festivities in each city. Relatively unknown, Umeå is located 600 kilometres north of Stockholm and will focus a large part of its program on the indigenous Sami people. Slightly better known, Riga offers visitors a lively restaurant and café scene and cobblestone streets lined with medi-



Riga, Latvia is one of the cities that has been named a 2014 European Capital of Culture. **ISTOCK**

eval timber-frame houses. With more than 800 art nouveau structures around the city, Riga will be highlighting its unique architectural offerings alongside its arts program.

### Welcome home!

Scotland is ready to party and is showcasing everything Scottish by throwing a Homecoming celebration, with numerous events and festivals planned throughout 2014. A highlight

will be the XX Commonwealth Games in Glasgow from July 23 to August 3 with the finest athletes from Commonwealth countries heading to compete in 17 sports. In addition to cheering on our Canadian athletes, spectators will have the chance to see Olympic champion sprinter Usain Bolt go for gold. If you want to explore Scotland's famous highlands, hike the recently opened John Muir Trail, stretching some 160 kilometres

from Dunbar to the waterfront town of Helensburgh.

### The beginning of the Great War

Commemorative events, including a national church service, are being held across Britain to mark the centenary of the outbreak of the First World War. New exhibits are set to debut, notably London's Imperial War Museum's First World War Galleries. Open-

ing in June, the galleries are part of a radical renovation of the museum. The goal is to better tell the story of the 16 million people whose lives were claimed by the conflict.

### The beginning of the end

Elsewhere in Europe, they're marking the beginning of the end of the Second World War with events commemorating the 70th anniversary of the D-Day invasion in Normandy. The new Liberation Route of Europe will reconnect the main regions through which Allied forces moved from the United Kingdom to Berlin at the end of the War. In the Netherlands, for example, the Liberation Route will focus on 85 historical locations in three regions that played an important role in the final stages of the conflict. Each location, marked by a large boulder, will tell the story of the civilians and soldiers who lived and fought there in 1944-45. As you walk, bike or drive the route you can download the accompanying audio stories for free as MP3s from [liberationroute.com](http://liberationroute.com).

## WEEKEND GETAWAYS

JUST GOT MORE REWARDING.

EARN UP TO 9,000 HHONORS BONUS POINTS ON A WEEKEND STAY.

Sign up for the **Weekend Rewards** promotion from Hilton HHonors™ and earn 1,000 Bonus Points for every night you stay, plus an additional 5,000 Bonus Points for every weekend stay of two nights or more. That means you could earn up to 9,000 Bonus Points in one long weekend. Book and stay by April 30, 2014 at participating hotels and resorts.\* Sign up now and make every weekend count for more.

SIGN UP AT [HHONORS.COM/WEEKENDBONUS](http://HHONORS.COM/WEEKENDBONUS)



Wuxi, China



\*"Long Weekend" is defined as Thursday through Sunday night. You must be an HHonors member and first register at [HHonors.com/WeekendBonus](http://HHonors.com/WeekendBonus) prior to check-out of any eligible stay between February 1 and April 30, 2014 ("Promotion Period"). 1,000 bonus points per night of your stay in addition to 5,000 bonus points for a 2-night weekend stay. "Weekends" are defined as 2-consecutive nights between Thursday and Sunday. For a list of participating hotels, frequently asked questions, and the full terms and conditions of this offer, please visit the registration page, [HHonors.com/WeekendBonus](http://HHonors.com/WeekendBonus). ©2014 Hilton Worldwide.



# Restaurant classic comes to your table

**Beef Fajitas.** Beef and vegetables are cooked together in this recipe for an easy supper



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

However, don't be afraid to use tortillas in other ways

## FLASH FOOD



From your fridge to your table in 30 minutes or less

### Cooking tips

- **Chicken/turkey option:** You can use boneless skinless chicken or turkey breast instead of the beef.
- **Serving option:** You can serve the meat filling over rice instead of filling the tortillas.

like as a pizza base with simple toppings to enjoy with a salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even

### Ingredients

- 1 tsp (5 ml) canola oil
- 1 strip loin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)



This recipe makes two or three servings. EMILY RICHARDS

with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

1. In large non-stick skillet, heat oil over medium-high

heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

2. Return skillet to medium heat and cook onion, gar-

lic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until tender crisp. Add pasta sauce and cook for 5 minutes. Return beef to pan and cook until heated through.

3. Place the meat-vegetable mixture in centre of a tortilla and dollop with some of the sour cream, if using. Roll up and then repeat with the remaining ingredients.

## Who wants beef? Burritos do!

Add a flavourful twist to burrito night by blending half the beef with finely chopped mushrooms.

1. Place the fresh Crimini mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef; pulse until well combined.

2. Heat the oil in a large, nonstick skillet over medium-high heat. Add the mushrooms, Tex-Mex seasoning and mushroom seasoning. Cook for 10 minutes

until mushroom mixture is browned.

3. Spread the refried beans over each tortilla. Spoon in rice, and top with the mushroom mixture, lettuce, salsa

and optional guacamole and sour cream. Sprinkle with cheese, and roll up burritos.

4. Coat a hot non-stick

skillet with cooking spray. Place the burritos, seam side down, and toast on both sides for 3 to 4 minutes until heated through.

NEWS CANADA

### Ingredients

- 8 oz (250 mg) fresh Crimini mushrooms
- 1/2 lb (250 g) lean ground beef
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) Tex-Mex seasoning blend
- 1 pkt (5 g) mushroom seasoning blend
- 1 cup (250 ml) reduced sodium refried beans
- 4 large flour tortillas
- 1 cup (250 ml) cooked Spanish rice
- 2 cups (500 ml) shredded lettuce
- 1/2 cup (125 ml) salsa
- 1/2 cup (125 ml) guacamole (optional)
- 1/2 cup (125 ml) fat-free sour cream (optional)
- 3/4 cup (180 ml) shredded part skim Cheddar cheese



This recipe makes six to eight servings. EMILY RICHARDS

# Tackle the market on your own terms

**The luck of the drive.**  
Create your own career karma with a do-it-yourself attitude

SIDNEY EVE  
MATRIX  
TalentEgg.ca

Instead of waiting for opportunity to knock, why not get out there today and create it yourself?

To configure your own personal professional development plan — a custom fit for where you want to be at work — the key is developing a laser

sharp focus.

Deciding what you want to be doing, where you want to be doing it, and pin-pointing exactly what it's going to take to get there, requires considerable inspiration, reflection and research.

But let's face it, unless you have the budget to hire a career or life coach, it's up to you to create your career and set yourself up for the opportunities you most want.

Here are four DIY opportunities that allow you to take the initiative and open doors for yourself.

**Get insider industry intelligence**

**The challenge:**

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

**The prerequisites:**



To determine what knowledge you may need to succeed, ask people working in your target sector which skills they wish they had right now. ISTOCK

You're persistent, well-prepped with smart questions and have above-average communication skills — including active listening. Remember, busy people may be more inclined to meet if you have a mutual acquaintance.

elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

**Develop your skills portfolio**

**The challenge:**

Add another line to your résumé by mastering a unique and in-demand job skill.

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

**Expand your referral network**

**The challenge:**

Once weekly, line up a lunch date with someone in your extended professional network — including your loose ties online.

People get jobs because of who they know. Networking doesn't end once you have made a connection; it's an active and ongoing process.

**The prerequisites:**

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your

**The prerequisites:**

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or

**Become discoverable**

**The challenge:** Stake your claim to the web with a personal profile that is public-facing and professional. But don't forget to humanize it with evidence of your unique personality.

- When someone searches for you (or someone like you) online, help him or her to find and select your profile over your competitors'. "What I do care about?" asks Cindi Leave, Editor-in-Chief at Glamour Magazine. "That you have passions, professional and otherwise, that make you a real, 3D human."

**The prerequisites:** Your résumé is up to date and ready to be posted online, you have a great headshot, and you can link to or upload digital evidence of your accomplishments and interests — including something creative, because today every employer wants innovators.

Whether you're currently employed or not, practise self-direction and get ahead in your career with these do-it-yourself opportunities, and generate a bit of self-manufactured luck in the process.

paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops. **TALENTEgg.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.**

**THIS ARTICLE IS EXCERPTED FROM SIDNEY EVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.**

## ADVERTISING SALES REPRESENTATIVE

Metro Edmonton is seeking an aggressive, results-oriented

**ADVERTISING SALES REPRESENTATIVE.**

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives.

Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

### REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

*Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than April 4, 2014.*

**PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Edmonton" in the Subject Line. All submissions will be treated as confidential.**

metro

Check out [www.robertsoncollege.com](http://www.robertsoncollege.com) or call 780.705.6633



# Author is turning common cognitive concepts on their head

**Research in remembering.** Think you can cram and kill that test every time? Think again. But this time think really hard.

JANE BORDEN  
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

“Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort,” reads one of the opening passages of *Make It Stick: The Science of Successful Learning*.

The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis, MO.

They then enlisted the help of novelist (and Roediger’s brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

Brown has filled *Make It*



**NORQUEST**  
COLLEGE

## Take back your summer!

**Start in May. Finish in 6 weeks.**  
We've added compressed courses to help you get ahead.

- Academic Upgrading
- University Transfer
- English as a Second Language

**Register today.**  
780.644.6000

Step Forward  
[norquest.ca/spring](http://norquest.ca/spring)



Stick with illustrative anecdotes to support the academic theories.

“I have long been fascinated by (Roediger’s) knowledge of how memory works,” he said.

“When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear.”

For example, rereading texts won’t really help you learn, and neither will repeatedly practicing tasks.

In fact, most intuitive modes of learning also

came up short. The commonality among the authors’ suggested practices is that in order to stick, learning must be effortful and arduous. We asked Brown why.

### What is it about overcoming difficulty that makes learning stronger?

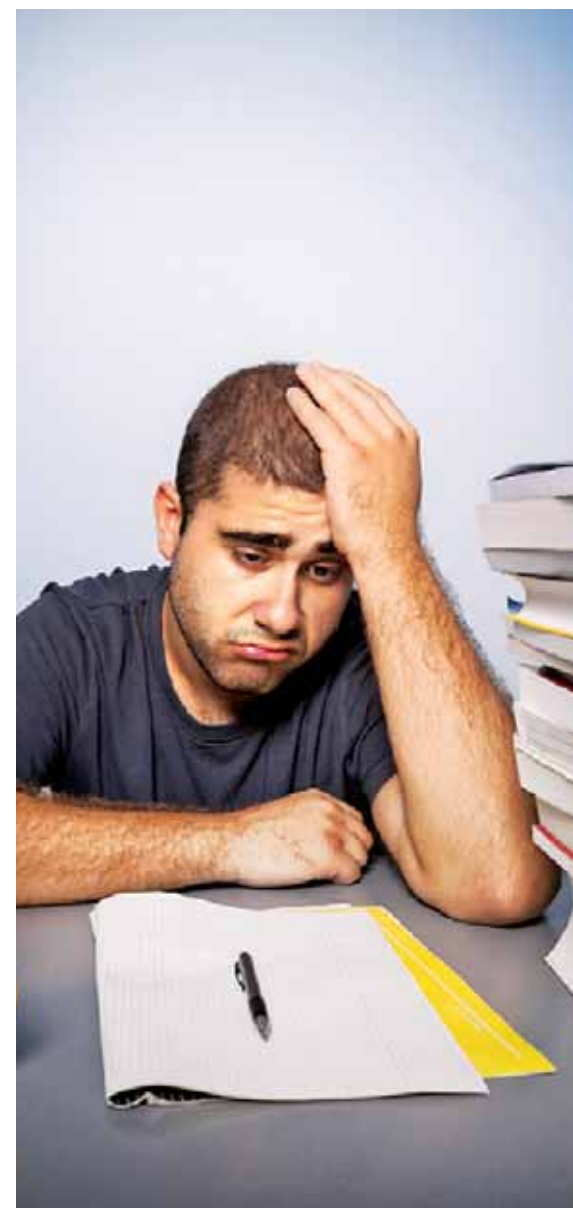
The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the answer is.

### How does that work?

When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

### So the brain folds information into what is already stored?

And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become



Who knew that having the book-related blues could be a good thing? Even if you’re facing some frustrations, keeping your cranium active may make remembering easier. ISTOCK

### Log in your noggin

**When you’re struggling with something, that’s a great sign, because your brain is engaged**

Peter Brown  
Co-author of *Make It Stick: The Science of Successful Learning*

more prominent and the paths to the knowledge are strengthened.

But the key to this is effort. It’s arduous retrieval practice that strengthens learning.

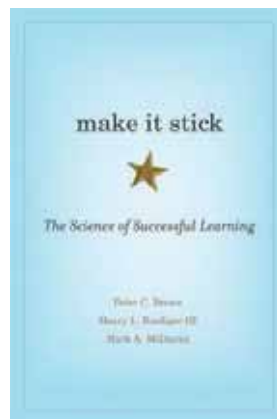
And when you mix up your practice, and the retrieval is more difficult because you’re constantly switching between different topics, and it doesn’t feel like you’re mastering any of them, you are in fact building more complex neural connections and a more versatile ability to recall and apply the learning later.

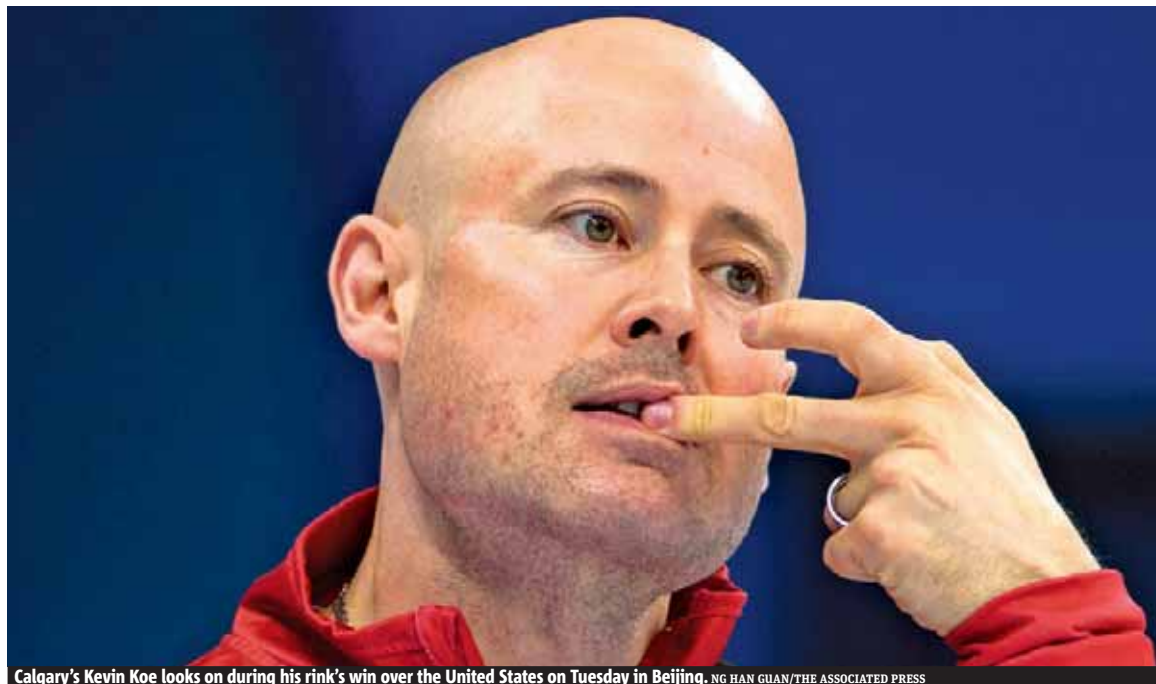
### Take-away tips

“Don’t bother rereading the text or watching the instructional video repeatedly,” says Brown.

“Instead, review the instructional material once or twice, then test yourself on the knowledge: Explain it, or practise the skill. Then leave it alone for awhile.

“Retrieve it from memory again when you’re a little rusty and have to struggle to bring it back. When you’re struggling with something, that’s a great sign, because your brain is engaged.”





Calgary's Kevin Koe looks on during his rink's win over the United States on Tuesday in Beijing. NG HAN GUAN/THE ASSOCIATED PRESS

# Koe loses battle of top teams at worlds

**Curling.** Calgary skip falls to Norway and into second place at world championship

Norway's Thomas Ulsrud scored three points in the ninth end for a 9-5 win over Canada's Kevin Koe in a battle of first-place teams at the world men's curling championship on Tuesday in Beijing.

Ulsrud hit a double take-out with his final stone to improve to 6-1 after 11 draws

## Looking ahead

"We have four tough games and we're going to have to play well. Obviously the goal is still to be in the 1-2 (Page Playoff) game. We'll see what happens, but we have a lot of work to do before we can think about that." Canada third Pat Simmons

of play at Capital Indoor Stadium. Koe, who beat the United States 7-4 earlier in the day, fell into a three-way tie for second place at 5-2.

"I would have liked to be a little better, but the way we were playing earlier in the week, that's not a bad spot

because we were struggling," Koe said. "We have some tough games coming up, but if we can keep throwing it well, I think we'll get better results."

"Some of the missed shots weren't the result of the throws — it was more the

line calling. We just have to pick that up a little better."

Ulsrud was coming off a 7-6 loss to Germany in an extra end.

Koe and his Calgary-based team of lead Nolan Thiessen, second Carter Rycroft and third Pat Simmons were tied with Japan's Yusuke Morozumi and Switzerland's Peter de Cruz.

Canada was scheduled to play Switzerland and Sweden on Wednesday before closing out round-robin play Thursday against Scotland and Germany.

THE CANADIAN PRESS

## Wednesday's Metro AR poll



GETTY IMAGES

## Metro AR poll results

**50%** Metro News readers voted Rick DiPietro's 15-year, \$67.5-million contract with the New York Islanders the worst from our list of bad contracts. Here's how the rest of the underperformers fared:

**19%** Dion Phaneuf (7 years, \$49M, 2013)

**13%** Gilbert Arenas (6 years, \$111M, 2008)

**6%** Miguel Cabrera (10 years, \$292M, 2014)

**6%** Ricky Romero (5 years, \$30.1M, 2010)

**6%** Michael Vick (10 years, \$137M, 2004)



Rick DiPietro GETTY IMAGES

# Debankify and score better seats.

Save up to \$200 yearly with a no fee bank account.

President's Choice  
FINANCIAL

That's just good banking.

Savings comparison based on the fees for limited and unlimited transaction account packages and one order of cheques as offered by the major Canadian banks as of January 1, 2014.  
©Loblaws Inc. Used under licence. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.



# Canadian curling great headed to Hall of Fame

## History of winning.

Ferbey has four world titles under his belt to go with his four national titles

Four-time world champion and six-time national champion Randy Ferbey was inducted into the World Curling Hall of Fame on Tuesday.

Joining him in this year's class were Switzerland's Patrick Huerlimann and Norway's Eigil Ramsfjell. The announcement was made at the world men's curling championship at Capital Indoor Stadium in China.

"We are delighted to announce that Randy Ferbey, Patrick Huerlimann and Eigil Ramsfjell are being inducted into the World Curling Hall of Fame," said World Curl-



Brad Gushue, left, and skip Randy Ferbey discuss their options during their afternoon draw against Robbie Fowler. MICHAEL BURNS/THE CANADIAN PRESS

ing Federation president Kate Caithness. "All of these athletes have been ambassadors of our game, both on and off the ice.

"Their dedication to our sport has inspired generations of curlers the world over and this honour recog-

nizes their achievements."

Ferbey won world titles in 1989, 2002, 2003, 2005 and was a silver medalist in 1988. He won national titles in each of those years and in 2001.

Ferbey, 54, will be honoured at next year's world championship in Halifax.

"This came out of nowhere for me — I'm blown away, to be honest," said Ferbey. "I'm really appreciative to the Canadian Curling Association for their support, as well as to the World Curling Federation. I never played the game to earn accolades like this.

"I always considered it a team game and I really want to share this with all the great teammates I had over the years. I could not have done it without them."

Huerlimann won Olympic gold at the 1998 Nagano Games. He won world silver in 1989 and bronze in 1996 and 1999.

He also guided Switzerland to a silver medal at the 2003 world playdowns. Huerlimann was a WCF executive board member for seven years and served as vice-president from 2010 through 2012.

THE CANADIAN PRESS



## Fear the beard

Toronto Blue Jays' Adam Lind smiles as he heads to the dugout after hitting a three-run homer off Tampa Bay Rays' Alex Cobb during the first inning of an MLB baseball game Tuesday in St. Petersburg, Fla.

STEVE NESIUS/THE ASSOCIATED PRESS

SHOWHOMES  
NOW OPEN

Walton™  
APPRECIATE THE LAND

LIVE  
SIMPLY

\* SIMPLY AFFORDABLE • SIMPLY ACCESSIBLE • SIMPLY AMAZING •  
SIMPLY YOURS • HOMES FROM THE LOW \$300'S

You found VITA! A modern community designed to match your busy lifestyle. VITA is a place where putting down roots feels right, and spending quality time with family and friends comes easy.

SABAL HOMES | HOMEXX | MORRISON HOMES

Showhomes at 82 St and 180 Ave or LiveAtVita.com

VITA  
CRYSTALLINA  
NERA

### 2015 Hyundai Genesis

- **Type.** Four-door, all-wheel drive full-size sedan
- **Engines (hp).** 3.8-litre DOHC V6 (311); 5.0-litre DOHC V8 (420)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination).** \$44,800

### All-wheel drive

The powertrains are positioned inside a more rigid platform necessitated by the addition of all-wheel drive — the first for any Hyundai passenger car. The system, comes standard on both V6 and V8 models and distributes the torque 40:60 front-to-rear in normal driving conditions, but can send up to 90 per cent to the front, or 100 per cent to the back wheels if slippage is detected.



### Fuel option

Hyundai states that both engines can use either premium or regular fuel without problem, although if the latter is used, some unspecified power reductions will occur.

### Safety systems

Safety systems for the Genesis include automatic emergency braking, blind spot and cross-traffic alerts, lane-departure warning and parking assists. There's also a carbon dioxide sensor control system that pumps in fresh air automatically whenever carbon dioxide levels increase, helping to prevent drowsy driving.

# Hyundai's new beginning



### Compare



- 1** Chrysler 300 AWD  
Base price: \$40,800  
Solid, powerful, full-size sedan with optional AWD and 470-horsepower V8



- 2** Lexus ES  
Base price: \$40,250  
Popular FWD V6 luxury sedan is also available as a gas-electric hybrid



- 3** Cadillac CTS AWD  
Base price: \$55,300  
New-for-2014 model can be had with AWD and in 420-hp turbo-V-Sport trim

## Review. Competitors?

As a second effort, the 2015 Hyundai Genesis marches to its own beat

MALCOLM GUNN  
wheelbasemedia.com

In the beginning, Hyundai was focused on building small, inexpensive cars for the masses. Now the Korea-based automaker's offerings span nearly every niche, from entry-level basic to imposing luxocruisers.

Since the 2009 model year, the Genesis sedan has taken up residence at the premium end of the market (directly below the Equus) and the new-

for-2015 edition arriving this spring maintains that spot.

The previous Genesis appeared as a compilation of several full-size luxury marques, including the Lexus LS, BMW 5- and 7-series and Mercedes-Benz E- and S-Class sedans. This time, however, Hyundai appears confident enough in its own in-house styling prowess that the Genesis is taking its own path, although some resemblance to the Audi A7 is evident.

Most unique is the trapezoidal grille that, when combined with fancy LED (Light Emitting Diode) headlight pods and running lights, give the Genesis a character all its own. The sweeping roofline ends at a truncated decklid flanked by an equally impressive set of LED



The simple interior shows restraint when it comes to shapes and buttons, the latter of which are mostly contained within the touch screen. Note the winged Genesis badge on the steering wheel.

taillights.

Although Hyundai retained the Genesis's overall length to within a few centimetres of the previous

design, it did extend the distance between the front and rear wheels by 7.5 centimetres, resulting in increased space for all passengers.

Those riders will experience a cabin that's much simpler than before. Hyundai has shown admirable restraint in keeping the knob, button and switch count to a minimum (many controls are now accessed through the touchscreen display), even though the steering wheel has picked up some of the slack.

Carrying over for 2015 with minor modification are the Genesis's two powerplants. The starting-point 3.8-litre V6 is rated at 311 horsepower and 293 pound-feet of torque (previously 333/291). The optional 5.0-litre V8 rustles up 420 horsepower and 383 pound-feet of torque, down nine horses but up from 376 pound-feet.

PHOTOS: WHEELBASEMEDIA.COM







**Bentley Continental GT V8.** This sleek luxury ride offers 40 per cent better fuel economy without making any compromises

MALCOLM GUNN  
wheelbasemedia.com

Ford is introducing a turbocharged 1.0-litre three-cylinder engine in its lineup. Mini is also putting in a three-cylinder for 2014.

Bentley? This luxury brand can't expect a 1.0-litre engine to move a big high-performance machine with any authority at all. But that doesn't mean that fuel consumption is not top of mind.

A socially responsible luxury car nudging \$215,000 might seem like a contradiction. Maybe even an impossibility. You might even laugh at the notion.

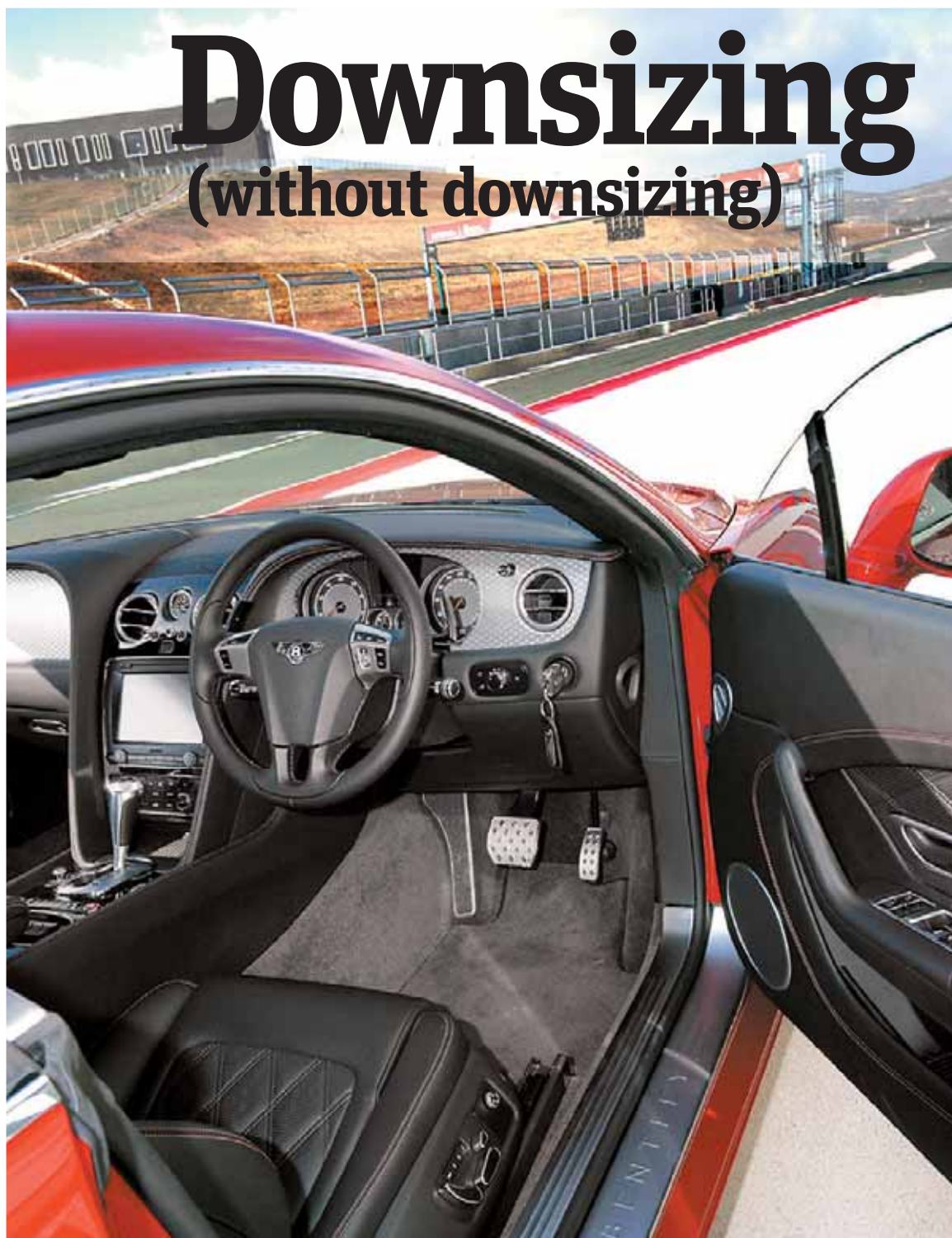
But apparently rich people also want to feel a bit better about the dent they're putting in Mother Nature's front bumper. At least that's Bentley's spin on the two-door Continental GT V8 that drops four pistons from the program and picks up 40 per cent fuel economy while giving up very little, if anything, when it comes to performance and luxury.

That might be what a Bentley customers consider a "green" solution, but the bottom line is that it's still a 500-horsepower twin-turbocharged 2,300-kilogram coupe with all-wheel drive. And on this afternoon at Circuito de Navarra in northern Spain, fuel economy and social responsibility are the furthest thing from everyone's mind.

The V8 engine gives away 67 horsepower but just 29 pound-feet of torque to the 12-cylinder model while the absence of four cylinders provides a weight savings of 25 kilograms over the front wheels and 50 kilograms overall. More importantly, the Continental's weight bias has shifted to a more balanced 51/49 front/rear ratio compared to the 54/46 for the 12-cylinder car.

On the track and the nearby two-lane highways, the V8 feels lighter on its feet, which makes the car more composed and responsive when cornering. The big coupe really does go where it's pointed with minimal objections from the front suspension.

Bentley's stopwatch numbers indicate a zero-to-100 km/h time of 4.6 seconds for the V8, barely two-tenths slower than the 12-cylinder car. The claimed 300 km/h top speed is 15 slower than its stable mate, not that it really matters to the vast majority of buyers who will seldom



The convertible has the same mechanicals as the coupe, but the steering is lighter to suit the cruiser crowd. ALL PHOTOS WHEELBASE MEDIA



The Continental GT's brake rotors are the biggest on almost any passenger car.



The 4.0-litre V8 is down just five per cent on peak torque when compared to the 12-cylinder model.

travel at even half that speed.

The raspy-sounding 4.0-litre V8 was jointly produced with VW's Audi division, where its derivatives are installed in the S7 and S8 sedans. However, Bentley took its own path in developing the engine's innards, including the addition of cylinder deactivation that shuts down half the pistons under light or no-load conditions to reduce fuel consumption. Another fuel-saving measure is the eight-speed automatic transmission (two more cogs than the 12 cylinder) that comes with manual shift controls plus its own separate coolant circulation system.

If you're into spirited driving, or a track day, make certain you select the virtually fade-proof carbon ceramic brake pad option for the massive 16-inch front rotors and 13-inch rears.

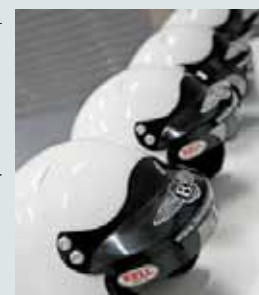
Socially responsible? That depends on which end of the buying spectrum you're coming from.

Tooling around the Spanish countryside in both models gives one pause as to how the car might be received in a land where one-quarter of its workforce is unemployed. However those concerns were dispelled while rumbling through one village where an elderly gent raised his cap at the passing parade of opulence and with a broad smile bowed in salute.

It might not be a Prius, a Volt or a Leaf, but the Continental GT V8 is a car that delivers driving passion, luxury and prestige to a select group of buyers who can also feel a bit better about their choice.

#### Distinctive looks

Visually, the V8 distinguishes itself with its front air dam and matte finish mesh-type grille. Yes, it's a subtle difference, but it's more in keeping with the coupe's sporty character. Also noticeable are the distinctive standard and optional 20-inch wheels, and the front and rear winged Bentley logo with a red background. There are coupe and convertible models of the V8, the latter called the GTC.



Luxury cars and racing helmets? The Continental GT V8 is still a performance machine.



## Horoscopes

### Aries

March 21 - April 20

You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

### Taurus

April 21 - May 21

What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicious but today's cosmic set-up warns it's a bad idea to take chances.

### Gemini

May 22 - June 21

Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

### Cancer

June 22 - July 23

If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

### Leo

July 24 - Aug. 23

Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

### Virgo

Aug. 24 - Sept. 23

Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

### Libra

Sept. 24 - Oct. 23

You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

### Scorpio

Oct. 24 - Nov. 22

You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

### Sagittarius

Nov. 23 - Dec. 21

If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

### Capricorn

Dec. 22 - Jan. 20

If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

### Aquarius

Jan. 21 - Feb. 19

Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

### Pisces

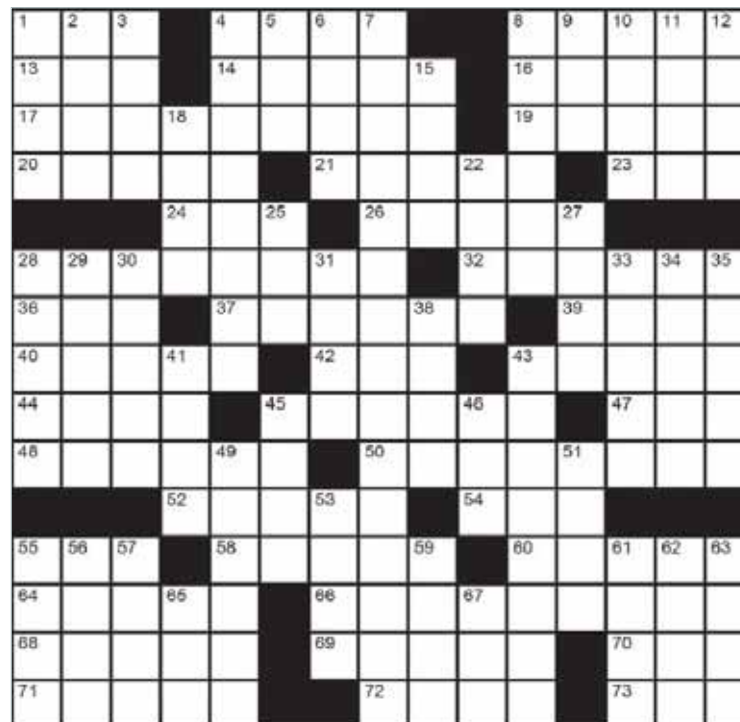
Feb. 20 - March 20

If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Actor Stephen
- \_\_\_a-brac
- Manitoba's highest elevation, \_\_\_ Mountain
- \_\_\_ Dara (Jazz musician father of rap star Nas)
- Ms. Remini's
- Daisy type
- Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
- Freshen
- Cream cheese flavour, \_\_\_ & Onion
- Card deck's Jack
- Classified \_\_\_
- Suppositions
- Stairway sound
- It's protected in a National Park
- Arm injury aids
- Antacid brand
- Skillful
- Actress Ms. Petty
- Lawyer's expertise
- Newt variety
- Additional
- Bike part
- Botch: 2 wds.
- Freezer stuff
- Humid
- BC village; or, 'Lanes' to shop at in downtown Toronto
- 1950s fashion, now
- Mr. Gershwin
- Camel hair garment
- Broadway offer-



- ings
- Stage, as of a cycling event, in France
- \_\_\_ Bay (Canadian body of water)
- Licence plate motto: '\_\_\_ British Columbia'
- Unaccompanied
- Accounting firm,

- & Young
- Early hrs.
- Early \_\_\_ (Morning person)
- Video game maker
- Charlotte \_\_\_
- Down
- Campus mil. program in The States

- "In the Valley of \_\_\_" (2007)
- Posh car
- Iris which is Quebec's provincial flower: 2 wds.
- Home, briefly
- "May \_\_\_ a question?"
- Typical weather

- forecast in April: 3 wds.
- \_\_\_ Shield (Biggest ecozone in Canada)
- Big Joe Mufferaw's prop
- Ms. Dunham
- Tinted
- Longbow woods
- Incision mark

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Roman love poet
- Suit piece
- Comedian Mr. Caesar
- Tartan garb
- East's opposites
- People of the Arctic
- Longest river of France
- Available
- Pitcher's accomplishment, \_\_\_-\_\_\_ game
- \_\_\_Roman (Wrestling)
- Sea nymph
- "\_\_\_ blessing!"
- Virtually
- Gilbert & Sullivan output
- Legendary story
- Submachine gun type
- Canadian folk musician, Don \_\_\_ (b.1909 - d.1973)
- Sixth/seventh notes, variably
- Boxer's pre-bout garb
- Slightly open
- Island of Indonesia
- Old Testament: Book of \_\_\_
- Reasoned
- From way out
- Athletic footwear brand
- Besides that
- Hydrocarbon suffix
- 18th President ...his monogram

## Yesterday's Crossword

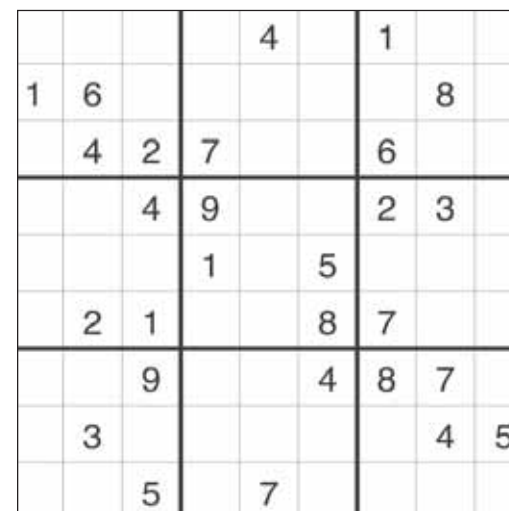


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

THURSDAY

FRIDAY



MAX: 0°  
MIN: -9°



MAX: 1°  
MIN: -7°



MAX: 1°  
MIN: -5°



MICHELE MCDUGALL  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes" **WEEKDAYS 5:30 AM**



BREAKFAST  
TELEVISION

# I WILL DESIGN



Step into the World of 3D Design

**DIGITAL** School  
technical design college

GET STARTED TODAY!  
**CALL 780.414.0200**

[digitalschool.ca](http://digitalschool.ca)



# SUNDANCE MAZDA'S

## GREAT CARS, GREAT DEALS, NO FOOLIN!

2010 HONDA  
INSIGHT

#C1066D-1



ONLY  
88,000  
KMS.  
NAVIGATION,  
AUTO

**\$13,995** \$105 B/W

2011 MITSUBISHI  
EVO

#12502-1



ONLY  
33,000  
KMS.  
MANUAL  
TRANS.

**\$35,995** \$268 B/W

**DO NOT  
PAY FOR  
90 DAYS**

2009 NISSAN  
MURANO  
SL AWD

#W2194



PANORAMIC  
ROOF  
HEATED  
SEATS

**\$20,995** \$184 B/W

2013 SATURN  
ASTRA

#W2181



HEATED  
SEATS,  
A/T/C

**\$8,995** \$79 B/W

2010 MAZDA  
3 GX

#W2285



ALLOY  
WHEELS,  
ONLY  
62,000  
KMS

**\$12,495** \$93 B/W

2010 BMW  
328i  
XDRIVE

#W2319-1



PREMIUM  
PACKAGE,  
AUTO, ONLY  
77,000 KMS

**\$25,995** \$194 B/W

2013 MAZDA  
CX5  
GT AWD

#C2477-1



B/W LEATHER,  
MOONROOF,  
HEATED  
SEATS, ONLY  
20,000 KMS

**\$30,995** \$195 B/W

2008 MAZDA  
CX7  
GS AWD

#W2319-1



URBO. A/T/C,  
PW, PL,  
ALLOY WHEELS  
AND MORE

**\$13,995** \$123 B/W

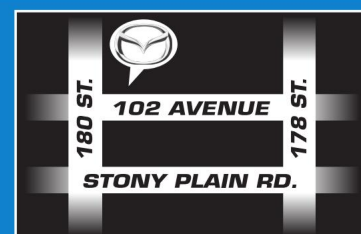
SUNDANCE MAZDA • GREAT CARS • GREAT SERVICE • GREAT PEOPLE

**SUNDANCE**  
**mazda**

ZOOM WEST: 17990-102 AVE.

**1.888.633.8436**

**www.sundancemazda.ca**



All payments and prices are plus administration fee (\$498.00), AMVIC (\$6.25) & GST (5%). 2010 Insight payments based on 72 mths @ 4.99% APR cost of borrowing is: \$2247.72. 2011 EVO payments based on 72mths @ 4.99% APR cost of borrowing is: \$5781.80. 2008 Astra payments based on 60mths @ 4.99% APR cost of borrowing is: \$1198.30. 2009 Murano payments based on 60mths @ 4.99% APR cost of borrowing is: \$2798.90. 2013 CX-5 payments based on 84mths @ 3.99 APR cost of borrowing is: \$4615.12. 2010 Mazda3 payments based on 72mths @ 4.99% APR cost of borrowing is: \$2006.76. 2010 328xi payments based on 72mths @ 4.99% APR cost of borrowing is: \$4175.40. 2008 CX-7 payments based on 60mths @ 4.99% APR cost of borrowing is: \$1866.30. On Approved Credit, See Dealer For Details. Offers ends April 30th, 2014, while supplies last